

## Summer Sounds, Activities Can Damage Hearing

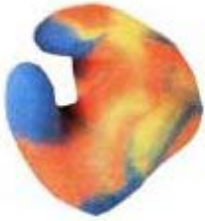
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Summertime will be here soon and with it comes increased noise exposure. Check out ways to protect your hearing this summer  
<http://www.asha.org/about/news/tipsheets/Protect-Your-Hearing.htm>.

Custom noise plugs for recreational activities and musicians are available from your Audiologist or hearing healthcare provider. Swimmers earplugs and earbands are popular during the summer too. Earplugs come in a wide variety of fun colors and materials. Contact your local Audiologist or hearing healthcare provider for custom earplugs and fitting.

Here's some examples of custom ear plugs:

Swimmers' Earplug:



Musician's Earplug:



Custom Noiseplug:

